

Unit 5: The Vleegard (Holland)

**LEARNING
OUTCOMES****The student will :**

- *perform a simple galloping step*
- *be introduced to a square set*
- *maintain balance while changing direction.*

RESOURCES

Tape/CD player, music for the Vleegard.

2 couples.

Formation: OX or $\begin{matrix} O & OX \\ X & XO \\ & X \\ & O \end{matrix}$

(Square Set) XO

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up		<ul style="list-style-type: none"> • Gallop 2,3, and stamp left foot (right foot leading). Repeat left foot leading. • Gallop 8 beats right foot, left foot leading. 	
Development		<p>Fig 1 All hands joined in circle Bars Partners acknowledge each other. A music Partners acknowledge corner partners. 1-2 Repeat to partners and corners. 3-4 All move to left with 7 gallop steps. 5-8 Repeat whole to left but break circle and make square set at end of phrase. 9-16 1-16 repeated</p> <p>Fig 2 Waltz grip. Head couples advance towards each other with 4 gallop steps. B music Return to places with 4 gallop steps. 1-2 Head couples cross over with 8 galloping steps, the men passing back to back. 3-4 Repeat slips to centre and cross over back to original places. 5-8 Side couples repeat. 9-16 1-16 repeated</p> <p>Fig 3 (Pass your partner on) Waltz grip. Head couples advance towards each other with 4 gallop steps. 1-2 Return to places with 4 gallop steps. 3-4 Head couples advance again towards centre, but separate and girls go on to opposite partners (by turning right shoulder back) whilst man gallops back to original place with new girl. 5-8 Repeat gallops to centre and change back to original partners. 9-16 Side couples repeat above. 1-16 repeated</p>	<p>Fig 1 and Fig 2 may complete dance.</p> <p>Fig 3 a further progression may be added if desired.</p> <p>Formation may also be a Square Set of 6 couples or 8 couples.</p>
Cool down		<p>Stand with arms stretched out at shoulder level. Bring right arm down in a circular movement, sweeping the floor. Repeat with left arm.</p>	<p>Right arm draws a large circle in front of the body.</p>